8:Arensberg E-5 (1932-1934) 1937
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resentment springs from other causes, too. These formulae are known to the folklorist as 'protective formulae'. He means by that that they have reference to the lesser faith as well as to the greater that the countryman holds.

If you ask the countryman why he uses such terms, he will give you several answers. First, "You have right to do it, because you owe it to God", and then, second, "It will bring good luck, it will keep 'them' away". For the countryman, both answers are true. The phrases are both acts of pious invocation and protective devices warding off evil. Their omission is really dangerous. It puts the person or thing so neglected in jeopardy; the negligent speaker is open to suspicion of an evil intent. Thus there are many stories which attribute disease, disaster and death to such omissions. In this way again, persons and things of value to the countryman are brought into the scope of his beliefs and attitudes. The forces which affect them are brought into a shape in which he can understand them and in which he can cope with them.

Perhaps the most interesting part of this process is to be found in the way in which the goods by which the countryman lives are brought into his belief. The good people affect the household and all its goods. They 'take' those things which one values, round which one's interest and sentiments, as a member of the farm-working family, are centred. One Galway woman phrased this idea to

9: Evans K-5 (ca. 1940) 1942
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234 Behind the cows there runs a slab-lined drain or groop, which carries the refuse through the "groop hole" in the wall to the midden. Hanging from the rannel-tree you may perchance see a charm in the shape of a perforated flint [776] pebble, while over the door, decaying Brigid's Crosses dating [751] back for several successive years show that the cattle are under the special protection of the Irish saint. In the byre gable it is not uncommon to see a dove-cote, at any rate along [235] the east coast where English influence has been strong since Norman times. Pigeons are fond of heat and thrive near farm animals. In Lecale, Co. Down, I have seen nests made of straw rope hung above the horses in the stable.

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251 The barn is not infrequently built above the byre. When the dwelling house alongside remains, in the Irish tradition, single-storied, the effect of the towering barn is rather incongruous. This arrangement makes it simple to feed the animals, provides a springy wooden floor for thrashing, and also gives a better draught for the purpose. Moreover, the raised position helps to make the corn secure from damp and rats. The barn has opposite doors and half doors to regulate the through draught and to keep out stray animals while work goes on inside. Access to the barn is obtained by external stone steps or a sloping ramp, under which the stone dog kennel is often built in. Some of the activities and appurtenances of the barn are described in Chapter 14.

343 Little need be said about the stable, since small farms have as a rule only one mare. In the old-time single-roomed kitchen-byres, the mare had her stall alongside the cows, and you will sometimes see the keeping-hole above the back door where the brush and curry comb were stored. The stable, like the byre, may be attached to the house or may be separate, but for convenience and economy it tends to be built as part of a range of buildings. In decayed rundale clusters now occupied by only one or two holders there were, ready to hand, many old dwelling houses which could be put to different uses as "offices."

Before we turn to the housing of other livestock, mention should be made of the turf-house, for which many different

9: Evans K-5 (ca. 1940) 1942
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able part in the ceremonies of megalithic burial: we remember the significance attached to hazel nuts in the Hallowe'en games of divination (Chapter 17). 764 824

The ancient raths or forths, earthen enclosures around old homesteads, are also favourite haunts of fairies, and many are the tales of mysterious happenings in their neighbourhood at night, and of signs of habitation and sweet music issuing from them. Protection from fairies is believed to be obtained by possession of a black-hafted knife, while oatmeal or oat-cakes are also specifics against their malign influence. From fairies as from witches the supreme hour of peril to mortals is at the eves of Beltane, Midsummer and All Hallows. Cattle afflicted with disease were believed to be "elf-shot"—the belief is not entirely dead—and flint arrowheads were produced as proof of the attack. The cure was to give the affected animal a drink of the water in which the arrow had been placed. Among other archæological relics the polished stone axes of the Neolithic and Bronze ages are known as thunderbolts and are accredited with healing powers, and the small spinning-whorls are termed fairy mill-stones. As Arthur Mitchell writes of Scotland: "It is believed that stone celts assist the birth of children; that they increase the milk of cows; that they cure the diseases of the eye; that they protect the houses in which they are kept from lightning; and that they have many other such marvellous virtues. It is believed that, as they have a sort of supernatural origin, they may reasonably be supposed to have supernatural powers." 776 789 829 778

When food is taken out of doors it is a common belief that some must be left behind for the fairies, otherwise the dreaded "hungry grass" will grow; and the countryman will often spill a portion of his drink as a perhaps unconscious libation to the wee folk. Their activities are peculiarly dangerous to cattle and to butter-making. Among the charms designed to secure a good supply of butter in the churn we find the use of a horse-shoe, of a rusty nail from a coffin or the hand of a corpse, of rowan branches, salt, a live turf, or a cross made of vervain leaves. 776 789 [751]

13:Evans K-5 (ca. 1940) 1957
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confined to Co. Westmeath) is that the eel was undamaged and its skin could therefore be utilized. Apart from their use as thongs and flail-hangings eel-skins were worn as charms against rheumatic pains. Eel fat, too, is esteemed as a cure for rheumatism. The third type of eel-spear is quite different in form and methods of use. It is confined to Wexford Harbour and would appear to be a relic of Scandinavian influence in that half-foreign south-eastern corner of Ireland comprising the baronies of Bargy and Forth. It consists of two splayed prongs between which is ingeniously mounted a single barbed prong on to which the eel is guided by the outer members (Fig. 79). When the tide covers the mudflats the fisherman lies in a punt with his head over the prow, and with a spear in each hand propels the boat until he spies an eel in the mud, when his punting pole becomes a weapon. At low tide the eel fishers wear yard-long 'scooches' or mud-shoes, wooden boards turned up at the front like miniature skis. We note in passing that boards were formerly worn by both men and horses in working on soft bogs in Co. Mayo.[1]

The salmon spear or leister, being illegal, is normally a light three-pronged instrument, but large specimens weighing up to eight pounds and made after the fashion of the Westmeath eel-spears are found on the River Suir (Fig. 80). The fish were attracted at night by 'burning the river' with resinous splits of bog-fir or lumps of peat soaked in oil.

Riverine weirs of many kinds have been the privilege of religious houses and landed properties through the ages, and many examples specially designed for the capture of migratory fish, salmon and eels are maintained. There are traditions of temporary weirs of heather stems weighted down with stones, into which trout were driven to be extracted when the bundles of heather were pitched on to the bank. Gerard Boate describes the weirs in his day as consisting of 'big stones set close together from the one side of the river to the other, leaving only one hole . . . before which hole a basket being laid, they take therein a great quantity of fish'.[2] 'Fish baskets' and 'weels' are referred to in many ancient fishing grants, but I have not

[1] J. McParlan, *Mayo*, 94.
[2] Gerard Boate, *Ireland's Natural History*, 70.

13:Evans K-5 (ca. 1940) 1957
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FIXED FESTIVALS

527 The May Festival, the Gaelic Beltane, remained almost untouched by Christianity, and an astonishingly rich growth of magic beliefs and superstitious customs accumulated around it. They were concerned with the safety of the familiar things which supported life, and especially the milk cows whose 'whitemeats' were to provide the main food-supply until harvest came round once more. It was a matter of pride to have a last formal dish of stirabout on May Day, 'for if they can hold out so well with bread they can do well enough . . . for then milk becomes plenty, and butter, new cheese, and curds and shamrocks are the food of the meaner sort all this season'.[1] It was considered [431] most unlucky and unwise to give away salt, water or fire on May Day lest the luck and 'profit' of the farm went with the gifts. Witches and fairies were unusually active at this time, and [776] many tales are told of the wiles they adopted to outwit the unwary and gain admission to house or byre to do their mischief. It was a wise precaution to pour milk on the threshold, or at the roots of a fairy thorn, and the many protective charms against the stealing of cattle and milk were augmented by others special to the occasion. 'On May Eve the peasantry used to drive all their cattle into old raths and forts thought to be much frequented by the fairies, bleed them, taste their blood, and pour the remainder on the earth'.[2] It was said that the ghosts of cattle that had been lost could be seen in such places.

527 Portents, prognostications and protection were sought in the 824 familiar flowers of field and hedgerow, in the weeds and shrubs which had followed in man's footsteps and were associated with ●751 his secular struggle for survival, especially in those that carried the promise of butter in their golden cups and a free flow of milk in their bounteous white blossom. May flowers, primroses and gorse gathered before sunrise were scattered on the threshold of the house and garlands of 'Summer', as the flowers were called, were hung on the doorposts and even tied to the cows' tails. In the Antrim Glens the mayflowers were crushed to provide a juice with which the cows' udders were washed, and elsewhere buttercups were used for the purpose. Cow dung, if less hygienic, had similar protective power, presumably in

[1] Sir Henry Piers, *West-Meath*, 121.
[2] *U.J.A.* 3 (1855), 165.

13:Evans K-5 (ca. 1940) 1957
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the belief that it contained the essence of the flowers of the fields. Sprigs of rowan were stuck in the midden, placed over the door of the byre and hung on the cows' horns. Flowers were also put around the well, for it was supposed that a milk-thief could steal your summer's milk and butter by skimming the water at this time, or by dragging a rope across a field to collect the dew. Boundary streams were also potent in this connexion, and I was told in Donegal that the milk churn had to be washed on May Day in 'three landlords' waters', that is the meeting place of three properties.

Besides these family rites there were public ceremonies, the lighting of bonfires and parades of May Babies, of May Boys and the May Queen. One of the rhymes sung by May Boys in the west of Ireland runs, in translation:

> Summer! Summer! the milk of the heifers,
> And ourselves brought the summer with us,
> The yellow summer, and the white daisy,
> And ourselves brought the summer with us.[1]

The May Baby parades link the festival with the fertility of the family as well as the fields. I give an account of the ceremonies as described in Co. Louth in the early nineteenth century: 'On May Day, the figure of a female is made up, fixed upon a short pole and dressed in a fantastic manner, with flowers, ribbons, etc. This figure they call "The May Baby" . . . Around this figure a man and woman (generally his wife) of the humble class, dressed also fantastically with straw, etc., dance to the sound of a fiddle and entertain the people with indecent shows and postures . . . These exhibitions cause great merriment among the assembled populace; women who have had no children to their husbands also attend to see this figure and performance, which they imagine will promote fruitfulness in them, and cause them to have children.'[2]

The May Day bonfires and the May Queens are now little more than children's games and excuses for begging. The burning of bones—whence the word bonfire, which in Ireland keeps its original pronunciation—and in particular of horses'

[1] Lady Wilde, *The Dublin University Magazine* (1849), 541–60.
[2] J. Donaldson, *Upper Fews in 1838*, 70.

13:Evans K-5 (ca. 1940) 1957
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ences affecting human beings and the animals and crops were usually potent. It is remembered that 'the oldest woman in the town' would go round the fire three times on her knees, reciting prayers. To walk three times sunwise round the fire was to ensure a year without sickness, and as the flames died down the cattle were driven through the embers and their backs were singed with a lighted hazel wand: the sticks were preserved and utilized for driving the cows. By tradition everyone carried home a burning stick from the fire, and whoever was first to take it into the house brought the good luck of the year with him. A glowing turf from the fire was carried three times sunwise round the dwelling house, and others were thrown into the growing crops. Yarrow was hung in the house to ward off illness. Fernseed was gathered for its magic powers and divinations made from the roots of bracken and lilies. We have already noticed the custom of retaining some of the ashes from the Midsummer fires to mix with the following season's seed corn.

The third fire-festival of the year is associated with St. Peter's Eve on 28th June, but I have not come across many traditions of St. Peter's bonfires except in Armagh and Wexford: it may thus be mainly restricted to areas where English influence was strong. More widespread and better known, because they have been caught up in many patterns and in such popular pilgrimages as that to Croagh Patrick, are the celebrations of Lammas, originally 1st August, now held on Lammas Sunday, the last in July, which is also known as Garland, Bilberry or Height Sunday. This marked the end of summer and the beginning of harvest: it was a first-fruits festival into which the alien potato has been fitted, and no potatoes were dug before this time. Offerings of flowers and fruits were made at holy wells, and in some places cattle were made to swim through streams and loughs into which lumps of fresh butter had been cast:[1] 'They think no beast will live the whole year through unless they be thus drenched'.[2] In hilly districts Height Sunday is observed by climbing to a recognized picnic place where bilberries are gathered and games and dancing were formerly enjoyed. In Co. Down a large prehistoric

[1] Wood-Martin, *Elder Faiths*, 1, 292.
[2] Sir Henry Piers, *West-Meath*, 121.

16:Messenger E-4,5 (1955-1966) 1969 ER6 Rural Irish ER6
(1959-1960) Inis Beag

duced trawlers and other types of fishing vessels and financed their purchase by islanders of the region, sent instructors to teach fishermen how to use the new boats and gear, set up curing and storage facilities in the islands, facilitated the shipping of fish to mainland markets, and attempted to regulate these markets so as to ensure maximum profits for the folk. These efforts failed for the most part in Inis Beag, and today the men fish from *currach*, much as did their grandfathers. The continuing effort of the government to improve fishing in the area is reflected in instruction in modern fishing techniques at a school in a nearby island, and the successful operation of a number of government financed trawlers and other fishing boats from there.

The islanders consider fish from the sea, which are netted, more palatable and healthier to eat than those caught with lines and trawls, fresh water fish, and fish which have been cured or frozen. Fish taken on lines, because they bleed, and those enmeshed in trawls, because they suffocate, are thought to suffer in taste and nourishment, as do those which are treated artificially for sale; and fresh water fish are believed to be unhealthy to eat because they feed on refuse thrown into lakes and rivers rather than on natural foods. Some folk exclude even mackerel from their diet, since these fish "swim on the surface and eat everything dirty afloat." We already have noted that Inis Beag elders prefer seaweed to chemical fertilizers; the preference for netted fish which feed on natural foods to fresh water fish and mackerel which are contaminated is another example of a recurrent cultural theme—the positive valuation of natural objects and the negative valuation of artificial ones which come in contact with the human body. Other manifestations of this theme are the emphasis placed on folk medicines and the distrust of medicines prescribed by nurse and doctor, the belief that certain foods will assure health and combat specific illnesses, and the fear of piped water and canned foods. I often was told that I could improve my eyesight by giving up my glasses and rubbing dew on my eyelids, or by walking along the seashore to allow the wind and spray to penetrate my eyeballs.

Over 30 varieties of fish are caught off Inis Beag, some with lines of varying length and number of hooks, others in the four types of nets, and a few with both lines and nets. Most important of the fish are: ling, cod, bream, gurnet, haddock, and autumn mackerel caught with lines; plaice, turbot, rock fish, and pollack both netted and taken on lines; and herring and spring mackerel captured in special nets. Trammel and drag nets are used in addition to herring and mackerel nets, and the most commonly used baits are gurnet, haddock, conger eel, bream, herring, and limpets. Fishing techniques vary considerably, as do the times of the year when particular kinds of fish are available, the localities that they frequent, and the baits which are most effective for each variety. Fishing crews form at different times of the year, often to fish in certain areas for specific fish. They are composed of both kin and close friends, and they tend to alter in membership from year to year as other activities intrude.

Before I leave the subject of fishing, I wish to correct three commonly held misconceptions concerning Inis Beag men: they are all skilled seamen; because they spend much of their time at sea they are of necessity able swimmers; and

16:Messenger E-4,5 (1955-1966) 1969 ER6 Rural Irish ER6
(1959-1960) Inis Beag

with him while fishing or be brought his dinner and afternoon lunch in the field. Infants and young children are fed milk at various times, and the youth often eat biscuits, candy, or bread spread with sugar between the five regular meals.

Most women bake their own bread in "pot ovens" suspended over the open fire, with ingredients purchased in the shops, but some buy bakery bread which is delivered from the mainland once a week. Women with many offspring must bake bread daily, since as many as five loaves will be eaten in a day by a family of eight. Cream is saved from the milk and turned into butter in locally made churns every few days, to provide the pound or more of butter consumed in a week by each member of the family. A few women purchase shop butter and also margarine for cooking, but the latter is not used on the table (despite the fact that it is one-third the price of imported butter), because it is an artificial product and thus thought to lack food value. Both chicken and duck eggs are eaten, and some persons prefer hard to soft boiled eggs. Men insist on drinking their tea from large mugs and prefer their bread sliced thick and spread generously with butter. Telling of a tea that he attended in Dublin, a man complained of teacups the size of egg cups and bread cut so thin that "you could see houses on the mainland through it." Children are more prone than adults to use jam on their bread, and a large jar of imported jam will last but a day in a household containing six children.

Few families can afford to serve meat daily, and sometimes several days will pass before meat appears on the table. Among the meats eaten are lamb, mutton, chicken, and fish procured locally, and rasher and sausage bought in the shops; however, some families have beef and lamb shipped directly to them from mainland shops weekly. Meats usually are boiled, even fish, and soup and gravy are made from the liquids formed. Although lobsters, crabs, snails, and other shelled sea creatures are obtained by the folk, they are exported, used for bait, or cast aside rather than eaten. Two kinds of seaweed are included in the diet and are considered delicacies: *creannach*, which can be consumed raw as it is pulled but more commonly is boiled and dried before being eaten, and *carraigín*, which when cooked with milk makes a tasty blancmange. These seaweeds are believed to promote health and are used as folk medicines by some islanders, who regard them as having a magical potency.

The potatoes grown in Inis Beag are considered outstanding in taste, even when compared with those grown on the mainland. They are boiled in a "cooking pot" over the open hearth; this container is deeper and has a rounder bottom than its pot oven counterpart. At one time, it was customary to drain potatoes and eat them from a round, flat, short-sided basket woven from sally rods, called a *ciseog*. They still are drained with the basket in many households, but I have observed only three families eating communally from a *ciseog* atop the table. This is thought to be a "backward" custom, and a film producer earned the wrath of the folk by portraying this trait in his work; actually, it did not appear in the film, nor did other sequences, such as a women suckling a pig in time of drought, which the islanders claim that the producer included to brand them "savages." Potatoes when eaten are "stabbed" with a fork, peeled with a knife, and eaten with the

16:Messenger E-4,5 (1955-1966) 1969 ER6 Rural Irish ER6
(1959-1960) Inis Beag

and the never ending toil needed to maintain present subsistence standards; the spying and malicious gossiping of their fellows and the ubiquity of jealousy and envy; the isolation of the island, particularly during winter months; numbing boredom and the dearth of social activities; for women, the lack of freedom and of attention and affection from their spouses, as well as the necessity of enduring sexual relations; and, as stated above, hypochondria. Much has been written about isolation and its depressive effects on the islanders, and the folk themselves constantly complain of being shut off from the world and prey to wind, rain, fog, and raging sea. But isolation need not lead inevitably to depression, for my wife and I conducted research in another island of Ireland—far distant from and even more inaccessible than Inis Beag—where the inhabitants do not feel isolated and are not depressed.

I have expanded the clinical usage of the term hypochondria to include fears of the spirit as well as fears of the body, for ill health can as often be induced by supernatural forces, and death—whether by disease, injury, or aging—is the ultimate fear with its threat of eternal damnation. Colds, influenza, dyspepsia, migraine headaches, teeth decay, the crippling effects of joint and muscle ailments, hypermetrophy, and mental illness are paramount among health concerns. "Flu" epidemics are frequent in the island and are a chief cause of death among people who have become weakened by old age. As the folk advance in years, they come to spend more time in bed and by the turf fire and venture out less during the winter and when it rains. Drafts are avoided whenever possible, and clothes dampened by seas which wash the canoes or by rain are changed for dry ones at the first opportunity. Colds, flu, indigestion, and headaches more than any other afflictions send the islanders to the nurse for drugs and to their own folk remedies for relief. Dyspepsia is known as "wind" and is thought to result from diet, but the nurses say that most cases of indigestion are the result of tension—"nervous stomach." Nine cases of migraine were reported in Inis Beag during 1959, but many other islanders, most of whom are women, suffer from "nervous headache" which can approach migraine in intensity of pain. Neither my wife nor I were ill during the winter of 1959 and 1960, even though we were abroad in all sorts of inclement weather against the advice of our neighbors; when we began picking wild garlic to season our food, it was reasoned that the condiment afforded us protection against the flu, which reached almost epidemic proportions that year, and as a result this folk medicine was used more widely and consistently than usual.

Nativists and primitivists praise the health and hardiness of the folk and boast of the absence of rheumatism and allied infirmities among them and the sharpness of their sight. But, just as most adults past 30 years of age suffer from decay and loss of teeth, they also suffer from muscle and joint ailments, caused by the "damp and cold," and from far-sightedness. It is not known how many folk wear glasses in the privacy of their homes, but only two persons, both men, wear them publicly—and self-consciously when they do. Most glasses are not prescription made but are purchased in mainland shops after many pairs displayed on the counters have been tested, and often a single pair will serve the needs of all the elders of a household. The islanders among themselves constantly complain of these and other ailments, although some will praise the health and hardiness of the local

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[156] bathing his chest in the mother's absence. (In this case, Oedipal and sexual attitudes probably were at work in tandem.)

It must be pointed out that nudity is also shunned for "health" reasons, for another obtrusive Inis Beag character trait is hypochondria. In some cases, however, it is hard to determine whether concern with modesty or health is dominant in a particular behavioral response. Fear of colds and influenza is foremost among health concerns; rheumatism and related muscular joint ailments, migraine headaches and other psychosomatic disorders, tooth decay, indigestion ("nervous stomach"), and hypermetropia are other widespread pathologies which cause worry among the folk—not to mention those of supernatural origin.

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Secrecy surrounds the acts of urination and defecation. The evacuation of infants before siblings and strangers is discouraged, and animals that discharge in the house are driven out. Chickens that habitually "dirty" their nests while setting are soon killed and eaten. Although some women drink spirits privately, they seldom do so at parties. In part this is because of the embarrassment involved in visiting the outside toilet with men in the "street" looking on. One of the most carefully guarded secrets of Inis Beag, unreported in the many works describing island culture, is the use of human manure mixed with sand as a fertilizer. We were on the island eight months before we discovered that compost is not "street drippings" and "scraw," but decomposed feces. With "turf" becoming more difficult to procure from the mainland, some islanders have taken to importing coal and processed peat and burning cattle dung. The dung is prepared for use in difficult-to-reach plots at the back of the island when tourists are few in number; it is burned covertly because of the overtones of sex and poverty. Another custom that my wife and I learned of late in our research, due to the secrecy surrounding it, concerns the thickening of wool; men are required to urinate in a container and tread the wool therein with their bare feet.

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Other major manifestations of sexual repression in Inis Beag are the lack of a "dirty joke" tradition (at least as the term is understood by ethnologists and folklorists) and the style of dancing, which allows little bodily contact among participants. I have heard men use various verbal devices—innuendoes, puns, and asides—that they believed bore sexual connotations; relatively speaking, they were pallid. In the song that I composed, one line of a verse refers to an island bachelor arising late in the day after "dreaming perhaps of a beautiful mate"; this is

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